

**DEBRA THANA SAHID KSHUDIRAM
SMRITI MAHAVIDYALAYA
(AUTONOMOUS)
Chakshyampur, Debra, West Bengal**



PROPOSED CURRICULUM AND SYLLABUS OF

VAC-02 -Yoga and Wellness

**3-YEAR UNDERGRADUATE PROGRAMME
(Academic Year 2024-2025)**

Based on

**Curriculum & Credit Framework for Undergraduate
Programmes
(CCFUP), 2024 & NEP, 2020**

Syllabus of Yoga and Wellness (VAC-02)

Course Code	Course Title	Credit	L-T-P	CA	ESE	TOTAL
VAC-02	Yoga and Wellness	4	3-0-1	10	40	50

VAC-02: Yoga and Wellness

Credits 04 (Full Marks-50)

Theory

Marks 20

Unit -I: Introduction of Yoga

1. Meaning, Definition, Aim, Objectives and Importance of Yoga
2. History and Development of Yoga
3. Astanga Yoga, Hatha Yoga, Observation of International Yoga Day
4. Suryanamaskar, Pranayamas and Meditations.

Unit -II: Wellness and Wellness Programme

1. Wellness - Concept, Definition, Components, Significance with reference to Positive Lifestyle.
2. Concepts of Quality of Life and Body Image.
3. Factors affecting wellness.
4. Wellness Programme in Reference to Physical Activities & Yoga

Practical

Marks 20

1. Any Two Asanas from lying, sitting and standing position
2. Any two Pranayama
3. Any two fun game or Recreational game

Suggested Readings

1. Corbin, C. B. G. J. Welk. W. R Corbin, K. A. Welk (2006) Concepts of Physical Fitness: for Wellness. McGraw Hill, New York, USA.
2. Kamlesh, M. L. & Singh, M. K. (2006) Physical Education (Naveen Publications).
3. Kansal, D.K. (2008) Textbook of Applied Measurement, Evaluation & Sports Selection. Sports & Spiritual Science Publications, New Delhi.
4. Uppal, A.K. (2004), Fitness and Health 5th ed. (U.K., Human Kinetics).
5. Sharma Jai Prakash And Sehgal Madhu(2006). Yog-Shiksha. Friends Publication. Delhi.
6. Mukerji, A.P. (2010). The Doctorine and Practice of Yoga, General Books, LLC, New Delhi.
7. Sarin N (2003). Yoga Dawara Rogoon Ka Upchhar. Khel Sahitya Kendra.
8. Text Book Hath Yoga Pradipika.
9. Text Book Patanjali Yoga Sutra.
10. Kayal, R. Yoga Sikha. Clasiq Books. Kolkata.
11. Sahu, D. A Critical review on Modern Trend of Yogic Asana. Clasiq Books. Kolkata.